



Sip Til Send FAQs



What can patients have to drink?

Any clear fluid including diluting juice and fruit juice without 'bits'

How much can a patient drink?

Patients can sip from a standard ward glass (170ml) which should be refilled every hour

How do I know when a patient has to stop sipping?

Its simple! Patients can continue to sip fluids until the ward receives a telephone call from theatre to say it is time for the patient to go!

Are there any exceptions?

Anyone who is nil by mouth for medical or surgical reasons, however these patients are still allowed to moisten their lips and mouth with water. All patients should be encouraged to SipTilSend but not forced to do so if they aren't feeling well or like drinking

How will I know if my patient has to follow different instructions?

SipTilSend is now the default instruction for all adult patients. Certain patients may be considered higher risk and in this situation the anaesthetist will communicate different instructions to the ward staff. If in doubt, please ask.

What are the instructions for hot drinks?

Patients may be offered a cup of tea or coffee with up to 15ml milk on arrival on the morning of surgery at the discretion of the anaesthetic team

What are the instructions for food?

This has not changed. Patients should not eat for 6 hours before their anaesthetic

Can patients sip on fizzy juice?

No, patients should only sip from still clear fluids

Can patients eat/suck sweets before theatre?

No, patients should not have sweets for 6 hours before theatre



Simple, Safe, Kind





Til Send

Simple, Safe, Kind